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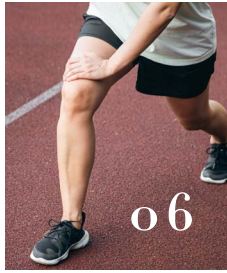
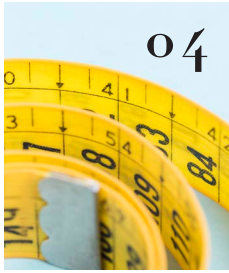
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Belly fat is BAD NEWS.

Not all fat is created equal. The fat that lurks just below your skin in much of your body — the kind you can pinch — is called subcutaneous fat. Such padding around the sides, glutes, thighs, or upper arms may look cosmetically unpleasing, but it's actually fairly harmless.

The excess fat that accumulates around the torso and surrounds vital organs is called visceral fat — and it contributes to a pot belly and an undesirable apple body shape. Visceral fat is very harmful, as it increases the risk of heart disease, diabetes, cancer and dementia.

The bottom line:

Excessive visceral fat can nearly double one's risk of dying prematurely, according to a study of more than 350,000 European men and women published in The New England Journal of Medicine.



FLU SEASON FACTS

Annual flu epidemics result in between 3 and 5 million cases of severe illness and between 250,000 and 500,000 deaths every year around the world.

- **One out of five people** suffer from flu every year!
- **161km/h** is the speed the flu virus can travel through the air.
- **48 hours** the length of time the flu virus can survive on surfaces.
- Flu viruses spread mainly by droplets made when people with the **flu cough, sneeze or talk**.
- The single best way to **prevent the flu is to get a flu vaccine** every season.
- Adults may be able to **infect others 1 day before symptoms develop and up to 5-7 days after becoming sick**.
- What is the best treatment for flu? **Rest, liquids and antiviral medication**.
- Watch out, the peak flu levels are between **May and August!**
- More than **200 viruses** can trigger a runny nose, sore throat, sneezing or coughing.
- **32.8° C** the temperature inside the human nose and the appropriate temperature at which rhinoviruses (flu germs) grow best.
- A sneeze can spray **3000 infectious droplets** into the air.



Sources:

WebMD: www.webmd.com/diet/what-is-visceral-fat

Central Vermont Medical Centre: www.cvmc.org/blog/family-health/12-flu-facts-how-flu-matters-you

10 THINGS EVERY WOMAN SHOULD KNOW ABOUT HER HEALTH

A QUICK LIST



1 When you should start mammograms depends on your age and risk factors. Talk to your doctor.

5 Older than 65? Get a bone density test to check for osteoporosis.

8



No matter your age, your pregnancy will be healthier if your weight, blood pressure and stress are under control.

2 Regular Pap Tests have dramatically reduced the death rate from cervical cancer, so keep that appointment!



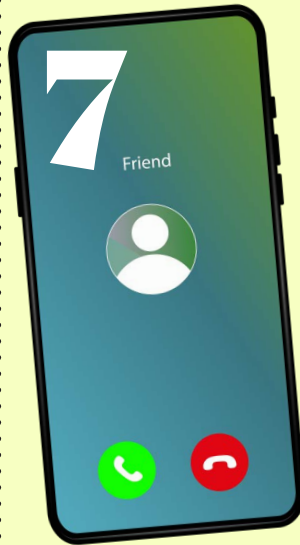
Don't be shy when it comes to talking to your doctor about topics like sex or menstruation.

09



Always stressed? Consider asking your doctor or a mental health professional for help.

3 Most breast lumps are noncancerous, so relax if you find one – but call your doctor to be sure.



Social support and connecting with others can improve your immune system. So call your friend or, better yet, meet up!

10



High blood pressure and high cholesterol levels boost your risk of heart disease.

04

Make time for sleep and exercise.





THE IMPORTANCE OF OBESITY MANAGEMENT

By Dr SR Kistenamy

Contrary to popular belief, obesity is a chronic complex disease affected by lifestyle and choices we make. According to the World Health Organisation (WHO) in 2022 one in eight people in the world were living with obesity. Worldwide adult obesity has doubled since 1990 and adolescent obesity has quadrupled. In 2022, 2.5 billion adults (18 years and older) were overweight. Of these, 890 million were living with obesity.

For adults, the WHO defines overweight, and obesity as follows:

- **overweight** is a BMI **greater than or equal to 25.**
- **obesity** is a BMI **greater than or equal to 30.**

What is BMI?

Body Mass Index (BMI) is the relationship between a person's weight and height (kg/m²). It is useful in determining the degree to which a person's body weight may impact the risk for disease or death. The BMI categories for defining obesity vary by age and gender in infants, children and adolescents.

$$\text{BMI} = \frac{\text{Weight in kilogram}}{(\text{Height in meter})^2}$$



INDIVIDUALS DON'T HAVE TO LIVE WITH OBESITY. THERE IS HELP FOR PEOPLE TO LOSE EXCESS WEIGHT AND IMPROVE THEIR HEALTH.

Obesity is associated with a number of co-morbid diseases that increase one's mortality and reduce quality of life. It is associated with type 2 diabetes, hypertension, hyperlipidaemia, obstructive sleep apnoea, ischaemic heart disease and stroke as well as an increased risk of cancers: breast, colorectal, hepatocellular, ovarian, pancreatic malignancies and multiple myeloma.

The primary goals in managing obesity and overweight are to:

- Achieve a reduction in body weight.
- Sustain the weight loss to prevent regaining the weight that was lost.
- Ensure nutritional adequacy and prevent dietary deficiencies.

For many individuals, losing a small amount of weight, about 5%, can offer significant health benefits. This level of weight loss may be enough to decrease the risk of diabetes or to lower blood

pressure. Setting a goal to lose 0.5–1 kg per week is realistic and attainable for most people by adopting a lifestyle that includes a balanced diet low in calories and an increase in physical activity. It is unrealistic to expect people to lose more than this amount per week.

When addressing obesity in a family member, it can be beneficial for the entire family to embrace healthy lifestyle changes. This approach is particularly effective in managing obesity in children. It is crucial for parents to take an active role in modifying their child's diet and enhancing their physical activity, especially for children under the age of 12.

The management of obesity is complex due to the multiple co-morbidities attached to the disease. Initially it was managed conservatively – diet, exercise and appetite suppressant medication

and psychotherapy with the focus on maintaining weight loss – but of late there are now endoscopic and surgical procedures available.

These modalities can result in rapid weight loss (10% to 20%) and although it improves health, there are unwanted side effects associated with rapid weight loss. This includes increased risk of gallstones, renal calculi, peripheral neuropathy, and osteoporosis due to vitamin deficiencies as well as gastrointestinal disturbances. It is for this reason that the management of obesity is ideally considered a multi-disciplinary approach which includes physicians, surgeons, dieticians, and psychologists.

The greatest hurdle in obesity management is the successful maintenance of weight loss. Hence, lifestyle commitment changes play a crucial role in the fight against obesity.

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Play IT SAFE

The rugby, hockey and soccer season is upon us! Brace yourself against these common injuries.

Although sport participation provides numerous physical and social benefits, it also has a downside: the risk of injuries. The term "sports injury," in the broadest sense, refers to the kinds of injuries that most commonly occur during sports or exercise. Some sports injuries result from accidents; others are due to poor training practices, improper equipment, lack of conditioning, or insufficient warm-up and stretching.



- Sudden, severe pain
- Swelling
- Inability to place weight on a lower limb
- Extreme tenderness in an upper limb
- Inability to move a joint through its full range of motion
- Extreme limb weakness
- Visible dislocation or break of a bone.

Chronic injuries usually result from overusing one area of the body while playing a sport or exercising over a long period. Poor technique and structural abnormalities can also contribute to the development of chronic injuries. The following are signs of a chronic injury:



Pain when performing an activity.



A dull ache when at rest.



Swelling.

Medical investigation of any sports injury is important, because you may be hurt more severely than you think. For example, what seems like an ankle sprain may actually be a bone fracture.

TYPES OF SPORTS INJURIES

Some of the more common sports injuries include:



Ankle sprain

Symptoms include pain, swelling and stiffness.



Bruises

A blow can cause small bleeds into the skin.



Concussion

Mild reversible brain injury from a blow to the head, which may be associated with loss of consciousness. Symptoms include headache, dizziness and short-term memory loss.



Cuts and abrasions

Usually caused by falls. The knees and hands are particularly prone.



Dehydration

Losing too much fluid can lead to heat exhaustion and heat stroke.



Dental damage

A blow to the jaw can crack, break or dislodge teeth.



Groin strain

Symptoms include pain and swelling.



Hamstring strain

Symptoms include pain, swelling and bruising.



Knee joint injuries

Symptoms include pain, swelling and stiffness. The ligaments, tendons or cartilage can be affected.



Nose injuries

Either blood nose or broken nose, are caused by a direct blow.



Stress fractures

Particularly in the lower limbs. The impact of repeated jumping or running on hard surfaces can eventually stress and crack bone.

Whether an injury is acute or chronic, there is never a good reason to try to “work through” the pain of an injury. When you have pain from a particular movement or activity, STOP! Continuing the activity only causes further harm.



FIRST AID FOR SPRAINS, STRAINS AND JOINT INJURIES

The first treatment for most acute soft-tissue injuries (bruises, strains, sprains, tears) is to prevent, stop and reduce swelling. When soft tissue is damaged it swells or possibly bleeds internally. This swelling causes pain and loss of motion, which limits use of the muscles. You can limit swelling and start healing faster after common sports injuries by using the PRICE principle:

P **PROTECT** the injured area from further damage. This can be a splint, sling or brace to help minimise movement in the injured area. Crutches unload weight and can allow for better healing of a lower extremity injury. If you sprain a finger or hand, remove rings.

R **REST & RESTRICT:** Reduce regular exercise or activities of daily living as needed to prevent worsening of the injury.

I **ICE:** Apply an ice pack immediately after a common sports injury. Ice is the miracle cure for sports injuries. Use ice for 20 minutes every one to two hours for the first 48 hours after the injury. Don't use heat during this time – it encourages swelling and inflammation.

C **COMPRESSION** with an elastic wrap will help reduce swelling.

E **ELEVATE** the injured area above the heart and allow gravity to help reduce swelling.



FIRST AID FOR NOSE BLEEDS

- Stop the activity.
- Sit with the head leaning forward.
- Pinch the nostrils together and breathe through your mouth.
- Hold the nose for at least 10 minutes.
- If bleeding continues past 30 minutes, seek medical advice.

FIRST AID FOR DISLODGED TEETH

- It may be possible to save the tooth with prompt dental treatment.
- Rinse the tooth in water or milk and see your dentist immediately.

EMERGENCY SITUATIONS:

Call an ambulance for



Melomed 24 Ambulance:

0 8 0 0 7 8 6 0 0 0



- Prolonged loss of consciousness
- Neck or spine injuries
- Broken bones
- Injuries to the head or face
- Eye injuries
- Abdominal injuries

PREVENTION OF SPORTS INJURIES

You can reduce your risk of sports injuries if you:

- Warm up thoroughly by gently going through the motions of your sport and performing slow, sustained stretches.
- Wear shoes and socks that fit well. The widest area of your foot should match the widest area of the shoe. You should be able to wiggle your toes with the shoe on when you sit and when you stand. Wear shoes that provide shock absorption and stability.
- Tape or strap vulnerable joints, if necessary.
- Wear the right protective gear and clothing for the sport (e.g., a helmet; shoulder, knee, and wrist pads; a mouth guard, etc.).
- Drink plenty of fluids before, during and after the game.
- Try to avoid exercising in the hottest part of the day, between 11am and 3pm.
- Maintain a good level of overall fitness, particularly in the “off season”.
- Cross-train with other sports to ensure overall fitness and muscle strength.
- Ensure training includes appropriate speed and impact work so muscles are capable of the demands of a game situation.
- Don't exert yourself beyond your level of fitness. Gradually increase intensity and duration of training.
- Use good form and technique.
- Cool down after sport with gentle, sustained stretches.
- Allow adequate recovery time between sessions.
- Have regular medical check-ups.





DIABETES & WOUNDS: CARING FOR FOOT SORES

AVOID AMPUTATION WITH THE PREVENTION AND EARLY TREATMENT OF SKIN SORES.

By Dr Moshwana

The incidence of diabetes worldwide is projected to increase by 55% over the next 20 years, so this problem is only going to get worse. Every 30 seconds, somewhere in the world, someone loses a lower limb as a result of diabetes. That's because diabetes and wounds are a dangerous combination!

Why are feet at more risk for diabetes wounds? Because feet just take more of a beating in our daily lives than hands do, and we don't look at them as often, so it's harder to spot a wound.

Diabetes and wound healing

Wound healing can be slowed when a patient is diabetic. An important point to remember about a diabetic patient wound is that it heals slowly and can worsen rapidly, so requires close monitoring. There are several factors that influence wound healing in a diabetic patient, and may include:



High blood
sugar levels



Poor blood
circulation



Peripheral
neuropathy



Chronic
infections



Poor diet
and nutrition



Blood glucose levels

It all starts here. An elevated blood sugar level stiffens the arteries and causes narrowing of the blood vessels. The effects of this are far-reaching and include the origin of wounds as well as risk factors to proper wound healing.

Poor blood circulation

Diabetes can also affect blood circulation, causing slow healing of sores or cuts, known as peripheral vascular disease. Narrowed blood vessels lead to decreased blood flow and oxygen to a wound.

Diabetic neuropathy (nerve damage)

Uncontrolled blood glucose levels can harm the nerves, leading to reduced sensation of heat or pain in the legs and feet, known as diabetic neuropathy. This can result in unnoticed cuts or sores that may worsen and become infected.

Compromised immune system

Diabetes lowers the efficiency of the immune system, the body's defence system against infection. A high glucose level causes the immune cells to function ineffectively, which raises the risk of infection for the patient. Studies indicate that particular enzymes and hormones that the body produces in response to an elevated blood sugar are responsible for negatively impacting the immune system.

Chronic infections

With a poorly functioning immune system, diabetics are at a higher risk for developing an infection.

Grades of diabetic foot ulcers

Depth

Grade 0
no break in skin



Grade 1
superficial ulcer



Grade 2
exposed tendons, joints



Grade 3
exposed bones and/or abscess/osteomyelitis



Ischemia

Grade A
no ischemia



Grade B
ischemia not gangrenous



Grade C
Partial foot gangrene



Grade D
complete gangrene



What to look for?

Note the presence of classic signs of inflammation (redness, warmth, swelling, tenderness, pain) or purulent secretions and foul odour. The presence of two or more of these signs is possibly shows diabetic foot infection. Sometimes, there may not be any noticeable symptoms, particularly if there's neuropathy.

Diabetes and wounds: Getting timely treatment

If you have diabetes and you develop a foot sore or notice any signs of foot infection, it's important to seek medical attention promptly. Any break in the skin of the foot is an absolute emergency. There's no such thing as 'just a little cut.' And calluses, which are precursors to foot ulcers in many diabetic patients, should be considered, and treated, just as seriously. Early intervention can prevent the infection from worsening and reduce the risk of complications.

Your doctor may advise on a variety of options or refer you to another member of the health system depending on how serious your infection is, such as reducing the load on your foot, how to take care of your foot and control of your sugar levels.

Treatment typically involves antibiotics to fight the infection, wound care to promote healing, and in some cases, surgical intervention to remove infected tissue or correct underlying issues. A surgeon needs to be consulted for all cases of moderate and severe diabetic foot infections. The goal of surgery is to control the infection while preserving maximal function and quality of life. Surgical intervention can vary from local incision and cleaning (debridement) to high-level amputation, depending on the severity of infection and degree of peripheral vascular disease.

Determining whether to pursue amputation versus medical therapy alone or combined with local incision and debridement is complex and should be made on an individual case-by-case basis, considering the site and severity of infection as well as patient preferences. Factors favouring amputation include continuous infection, involvement of the bone despite adequate antibiotic therapy.

What can you do?

Take care of the wound with the help of a podiatrist and wound care nurse, psychiatric support is also quite essential as the surgical intervention can be a life changing process. The wound bed should be managed to promote healing and should be protected from further infection. Comply with your medication to improve your glucose control.



Diabetes and wounds: Prevention matters

If you have diabetes, there's no such thing as a minor wound to the foot - even a small foot sore can turn into an ulcer that, if not properly treated, can lead to amputation.

Most of these amputations could easily be prevented with good foot care and wound treatment. Here's what you need to know about preventing foot sores and treating them in order to avoid an amputation.

5 Tips for preventing foot sores

The best way to prevent wound complications is to prevent the wound in the first place. You do that by taking good care of your feet. Top ways to keep your feet in good health include:

- Check your feet every single day, and wash them with mild soap and water. (Be sure to check the water temperature first.) Make it part of your daily routine, just like brushing your teeth.
 - Dry your feet well. Moisture retained between the toes can cause skin breakdowns.
 - Be cautious in nail salons. Though some specialists recommend avoiding salons and having your nails cut only by a podiatrist, others simply urge caution.
 - Keep your feet from drying and cracking with regular applications of foot cream.
- You don't need a special cream, any moisturizer available at your pharmacy, will work.
- Use an antifungal cream if you have evidence of athlete's foot (tinea pedis) or other fungal infection. Athlete's foot can make the skin crack and peel, which increases your risk for an infection. Be on the lookout for fungal nail infections, too (nails will look and feel harder, darker, and thicker). See your podiatrist or your doctor about treatment and care.
 - Avoid fancy footwear. This means no tight socks and, above all, no tight, pointy shoes with high heels.

Foot care tips for healthy feet



Check your feet every day



Wash your feet every day



Never go barefoot



Wear shoes that fit well



Having your doctor handle corns, calluses, and toenail trimming



Get your feet checked at every health care visit



Wiggle your toes to increase blood flow



Choose feet friendly activities

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GROWING UP WITH

VACCINES

On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. **Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.**

Vaccinating your baby ensures that their bodies develops its own immune response to that particular disease. This means that if he is later exposed to the disease, the body has already got its defence ready to protect him.



VACCINATION FACTS:

- 1 in 5 children worldwide are still not receiving the vaccines he or she needs.
- 1 child still dies every 20 seconds from a vaccine preventable infectious disease.
- Vaccines save 2-3 million children each year.
- 10+ vaccines are recommended to protect children – 1 single vaccine (DtaP/IPV/Hib) prevents 5 diseases: Diphtheria, Tetanus, Whooping cough, Polio and Haemophilus influenza type b
- Vaccines eradicated smallpox worldwide for more than 30 years.
- Vaccines are safe. As a result of medical research vaccinations are getting safer and more effective all the time.
- The 4 deadliest vaccine preventable diseases are:
 - Measles
 - Haemophilus influenza type b
 - Whooping Cough (Pertussis)
 - Neonatal tetanus
- The key to prevention is herd immunity – If MOST get vaccinated, spreading is contained. Vaccinations prevent the spread of disease within the community.

HERE IS AN OUTLINE OF SOME OF THE VACCINES AND THE SERIOUS VACCINE PREVENTABLE DISEASES:

1. Diphtheria, tetanus, and pertussis (DTaP) vaccine

DTaP VACCINE PROTECTS AGAINST THREE SERIOUS DISEASES: *Diphtheria is a serious infection that causes a thick covering in the back of the nose or throat. It can lead to difficulty breathing, heart failure, paralysis, and even death.*

WHY VACCINATE?

Diphtheria is readily preventable by means of vaccination. **In children younger than 5 who are not vaccinated, the mortality rate can be as high as 20%.** Tetanus or lockjaw is a potentially 08 Body Language GROWING UP WITH deadly infection that causes painful muscle stiffness and lockjaw.

WHY VACCINATE?

Worldwide, about **50% of people who have tetanus die.** Preventing tetanus is far better than treating tetanus.

Tetanus rarely develops in people who have completed a primary series of tetanus vaccinations and have had vaccinations every 10 years as recommended.

Whooping cough, or pertussis, is a highly contagious disease known for uncontrollable, violent coughing that often makes it hard to breathe. It can be deadly for babies.

WHY VACCINATE?

Complications of pertussis can include pneumonia, ear infections and in rare instances brain damage. Active immunisation is part of the standard childhood vaccination schedule.

2. Measles, mumps, rubella (MMR) vaccine

MMR VACCINE PROTECTS AGAINST THREE SERIOUS DISEASES: *The measles virus can cause a fever that can get very high, a distinctive rash, cough, runny nose, and red eyes. Sometimes, it can also cause diarrhea and ear infection. It can also lead to pneumonia (infection in the lungs), brain damage, deafness, and death.*

WHY VACCINATE?

Worldwide, measles infects about **20 million people annually, causing about 200 000 deaths, primarily in children.** Complications can be severe and include pneumonia, encephalitis (infection of the brain) and middle ear infections.

Mumps typically starts with a fever, headache, muscle aches, tiredness, and loss of appetite. Then, most people's salivary glands swell, which causes puffy cheeks and a swollen jaw.

WHY VACCINATE?

Mumps is pretty mild in most people but can sometimes cause lasting problems, such as deafness, meningitis (infection of the covering around the brain and spinal cord), and swelling of the brain, testicles, ovaries, or breasts. Rubella may cause a rash or fever, but many people have no symptoms.

WHY VACCINATE?

Rubella can cause miscarriage or serious birth defects in a developing baby if a woman is infected while she is pregnant. Infected children can spread rubella to pregnant women.



3. Haemophilus influenzae type b (Hib) vaccine

This protects against Hib disease, which ranges from mild ear infections to serious bloodstream infections, pneumonia (infection in the lungs), and meningitis (infection of the covering around the brain and spinal cord).

WHY VACCINATE?

Vaccines are available for children older than 6 weeks of age in South Africa and have decreased the incidence of serious infection by 99%. Hib disease can cause brain damage, hearing loss, or even death.



4. Polio (IPV) vaccine

IPV vaccine protects against polio, a highly infectious disease caused by a virus that can invade the brain and spinal cord.

WHY VACCINATE?

Polio can cause **lifelong paralysis and even death**. Extensive vaccination has almost eradicated polio in developed countries. However, cases still occur in regions with incomplete vaccination such as sub-Saharan Africa and Southern Asia. **The injectable polio vaccine given during childhood produces protection in more than 95% of recipients.**

5. Rotavirus (RV) vaccine

RV vaccine protects against a contagious virus that causes severe diarrhea, often with vomiting, fever, and abdominal pain, requiring hospitalisation.

It is most common in infants and young children. Adults who get rotavirus tend to have milder symptoms.

WHY VACCINATE?

In South Africa approximately 6 children die every day from severe rotavirus.

Worldwide, approximately 600 000 children die each year from rotavirus.

Vaccines, like any medication, can cause side effects. **The most common side effects are mild and the likelihood of these side effects have reduced dramatically within the last couple of years, due to newer and better vaccinations.** However, many vaccine preventable disease symptoms can be serious, or even deadly– and vaccination is the best way to prevent them. Here is an outline of visits and vaccinations needed at your medical centre schedule. Talk to your doctor and child's doctor about which vaccines they recommend.

“

Immunisation is one of the most successful and cost-effective means to help children grow into healthy adults.

”



IMMUNISATION SCHEDULE

BIRTH
OPV & BCG

•
6 WEEKS
OPV, RV, DTaP-IPV-Hib, HBV & PCV

•
10 WEEKS
RV, PCV, DTaP-IP-Hib & HBV

•
14 weeks
RV, PCV & DTaP-IPV/Hib

•
6 months +
Influenza (Flu) vaccine

•
9 months
MMR & MCV

•
12 - 15 months
PCV, MMR, Varicella, HAV (Repeat 6 months later) & MCV

•
18 months
DTaP-IPV/Hib, Measles vaccine & HBV

•
18-21 months
HAV

•
4-6 years
Td, DTaP, MMR & Varicella

•
9+ years and 6 months later
HPV

•
12 years
TdaP-IPV

DIFFERENT TYPES OF VACCINES:

Oral Polio Vaccine (**OPV**)
Tuberculosis Vaccine (**BCG**)
Rotavirus Vaccine (**RV**)
Diphtheria, Inactive Polio, Haemophilus
Influenza Type b Vaccine (**DTaP-IPV-Hib**)
Hepatitis B Vaccine (**HBV**)
Pneumococcal conjugated vaccine (**PCV**)
Measles vaccine or Measles, Mumps and
Rubella (**MMR**) vaccine
Meningococcal conjugate vaccine (**MCV**)
Hepatitis A Vaccine (**HAV**)
Tetanus (**Td**)
Diphtheria vaccine (**DTaP**)
Human Papilloma Virus (**HPV**)



KNOW YOUR NUMBERS

The 5 numbers you should know for optimum health

Stay abreast of your health numbers to reduce your risk of cardiovascular disease and other major health consequences.

You can easily recall important numbers with out much thought, from your alarm code to your bank account PIN and your children's birthdays. But did you know there are other numbers you may be much less familiar with, even though they're just as important?

Your health numbers, which include your blood pressure, cholesterol, BMI, triglycerides, blood sugar, and waist circumference, provide important clues to your overall health.

When it comes to taking a proactive role in your wellness, the first step is visiting your doctor or local pharmacy clinic for a baseline reading on your health numbers. For a health screening the nurse will weigh you, measure your height and waist, take your blood pressure, and do blood tests to measure your glucose and cholesterol levels.

We take a look at the “healthy” numbers you should know and remember.

BMI (BODY MASS INDEX)

BMI, or body mass index, is a measurement that takes into consideration your height and weight to determine if you are underweight, healthy weight, overweight, or obese.

For adults it is defined as the weight in kilograms divided by the square of your height in meters (kg/m²).

BMI Classification Kg/m²

Obese Class III:	>40.0
Obese Class II:	35.0 - 39.9
Obese Class I:	30.0 - 34.9

A BMI of over 30 indicates that you are heavily overweight **and it is important for you to lose weight. A high BMI is directly correlated to high blood pressure, high cholesterol, diabetes, stroke, vascular disease, chronic pain, and even depression.**



WAIST CIRCUMFERENCE

The connection to heart disease

If you can only remember one number, your waist size is the one to know.

Why? Because better than your weight or your BMI, your waist size predicts your heart disease risk.

It's easy to measure yourself. Just get a non-elastic tape and measure around your belly button.

Women:

Equal to or more than **80 cm**

Men:

Equal to or more than **100 cm**

These numbers increases your risk of **cardiovascular disease, high blood pressure, diabetes, and abnormal cholesterol.**

Overweight: 25.0 – 29.9

You may be advised to lose some weight for health reasons.

Underweight: <18.5

People who are very underweight may also not live as long as those who are a healthy weight.



If you are overweight, do not have a high waist circumference, and have less than two risk factors, **then it is important that you do not gain any more weight.**

If you are overweight, or have a high waist circumference, and have less than two risk factors, **then it is important for you to lose weight**

Normal: 18.5 – 24.9

A BMI of 18.5 - 24.9 indicates that you are at a **healthy weight for your height.**



Being a healthy weight can help you live longer, lowers your risk of developing chronic disease, serious health problems and help you get more out of life.



GOOD TO KNOW No matter what your numbers, the most important thing to know is that they can all be improved by healthy lifestyle choices. Even small changes in your physical activity, nutrition, and your smoking habits can have a major impact on your overall health and wellbeing.

BLOOD PRESSURE

The key to heart health

Blood pressure consists of two numbers. Your systolic pressure measures the pressure of blood against artery walls when the heart pumps blood out during a heartbeat, while the diastolic pressure measures the same pressure between heartbeats, when the heart fills with blood. Both of these numbers are important. Blood pressure can vary due to external stress factors, food intake or medication, but must be checked up on a regular basis.

CHOLESTEROL

Predictor of heart attack

Random total blood cholesterol can be taken at the clinic or pharmacy with a finger prick. Your total blood cholesterol should be below 5mmol/l to be classified as normal. If the reading is higher, then you need to investigate your current lifestyle, and make changes accordingly. If left uncontrolled, high cholesterol can lead to blockages in the arteries that can cause a heart attack or stroke.

Hypertension (also known as high blood pressure) is 140/90mm/Hg or higher



Total cholesterol 7.5 mmol/l or more is considerably elevated

Pre-hypertension (high normal) is between 130/85 and 139/89mm/Hg



Total cholesterol Between 5 and 7.4 mmol/l is considered moderately elevated

Normal blood pressure is between 120/80 and 129/84mm/Hg



Total cholesterol Less than < 5 mmol/l is normal

LDL cholesterol Less than < 3.0 mmol/l

HDL cholesterol More than > 1.2 mmol/l

Triglycerides Less than < 1.7 mmol/l

Hypertension is classified, according to the WHO, as a condition in which the blood vessels have persistently raised pressure.

Hypertension is a serious medical condition, and can increase the risk of heart, brain, kidney and other diseases.

It is also a major cause of premature death worldwide, with over a billion people having the condition
- 1 in 4 men and 1 in 5 women.

If your total cholesterol reading is higher than the recommended range, a full lipogram test can be requested by your medical practitioner.

This will be done at a lab to determine the different cholesterol levels i.e. total cholesterol, triglycerides, LDL cholesterol ("bad" cholesterol) and HDL cholesterol ("good" cholesterol), more accurately.

BLOOD GLUCOSE

Predictor of diabetes

Glucose is the primary energy source for the body's cells and the only energy source for the brain and nervous system. A steady supply must be available for use, and a relatively constant level of glucose must be maintained in the blood. Your blood glucose levels can also be measured by a finger prick. It is important to tell the nurse when your last meal was, as the time of the day the measurement is taken, can influence your reading.

If you are not already diagnosed as a diabetic and your readings are between 8 and 10 mmol/l or higher, then you require a doctor's intervention.

A normal or random blood glucose measurement (after a meal):

Between 5 and 7.8 mmol/l.

Fasting blood glucose (taken prior to any food or drink):

Between 4 to 6 mmol/l.

How to prepare for the test? In general, it is recommended that you fast (nothing to eat or drink except water) for at least 8 hours, before having a blood glucose test. For people with diabetes, glucose levels are often checked both while fasting and after meals, to provide the best control of diabetes.





A group break on the West Coast is always a good idea as this coastline is home to picturesque nature, loads of adventure activities and string of attractions. And who could ever say no to a nice beach house where you can wake up in the morning with a fresh sea breeze? Here is a list of dreamy beach houses where you, your friends, family and even your four-legged friend can escape to!



GROUP STAYS ON THE WEST COAST

BEACH VILLA DIE DUYKER | SLEEPS 8

If uninterrupted sea views are what you are after, Beach Villa Die Duyker is just the place for you. This beautiful four-bedroom house is situated at the beginning of the famous 16 Mile Beach and completely opens up onto the terrace and swimming pool with folding windows. If you're lucky you will spot whales and dolphins from the deck with comfortable seating and sun loungers. You can prepare meals in the kitchen while delighting in the view and enjoy meals around the dining table in the open-plan area.



YZERFONTEIN



VELDDRIF

SEA-LA-VIE | SLEEPS 8

This beach house's name is derived from the French saying c'est la vie, which means 'This is the life', and that is exactly what you can expect here. Sea-La-Vie is synonymous with comfort and enjoyment and is located close to Port Owen's riverfront. This beautiful double-storey villa has four bedrooms and boasts its own private jetty, a braai and a lawn where you can have fun and make memories.

BIKINI BOTTOM | SLEEPS 8

Escape to the serenity of Bikini Bottom, where a fairytale becomes your reality. With a heated swimming pool, wood-fired hot tub and braai facilities, a visit to this beach house is a must. The house operates off the grid, but is comfortably equipped with amenities such as WiFi, a dishwasher, a washing machine and a tumble dryer in the separate laundry room. There is a TV in each bedroom and the fourth bedroom adds a touch of privacy with its private entrance and extra amenities such as a small fridge, kettle and microwave. One of the two living areas is on the roof with built-in braai facilities and it boasts an exceptional view of the surroundings and sea.



JACOBS BAY

AS IT IS IN HEAVEN | SLEEPS 12

A luxurious beachfront retreat in the charming coastal town of Paternoster. If you are looking for the perfect getaway for you, your friends, family and your pet, this beach house is the answer. Here you will not only be enchanted by the incredible sea views, but you can relax on the expansive veranda, curl up in the reading corner, or cool off in the swimming pool. Just take a few steps and you are on the beach! The six bedrooms, fireplace, Weber and TV make for a relaxing break where you can spend quality time together.



PATERNOSTER



DWARSKERSBOS

HEMEL OP AARDE VILLA | SLEEPS 10

Dwarskersbos is a popular coastal town near the city for a quick weekend getaway. However, Hemel op Aarde Villa is private enough in this popular town for you and your loved ones to switch off and relax. Imagine this: Being nestled in an oasis right on the beach with the West Coast's tranquillity washing over you, the sunset and sunrise colouring your windows and the waves singing you to sleep at night. The braai area is the perfect gathering place for a good time and you can enjoy DVDs or movies on DStv. There is also a Weber and a canoe that will keep the youngsters busy on the waves all day.

TURTLE AND TIDES | SLEEPS 10

The beautiful Turtle and Tides not only promises a peaceful break, but also spoils guests with a breathtaking beach and ocean view, all within walking distance from the coast. This stylish beach house has modern facilities, such as a dishwasher, washing machine, tumble dryer and a TV with DStv. The house boasts five spacious bedrooms, each with its own en-suite bathroom. Cosy up around the built-in braai, or relax on one of the bedrooms' balconies while the sea breeze tickles your skin.



BRITANNIA BAY



BRITANNIA BAY

SALTY SANDALS | SLEEPS 8

Step out onto the pristine white beach from this luxury beach house in a quiet West Coast hamlet. At Salty Sandals, your break is combined with relaxation and adventure. This beach house has four bedrooms with en-suite bathrooms, two lounges and a balcony with a stunning sea view. You can prepare delicious meals with your friends or family in the fully-equipped kitchen or at the built-in braai on the balcony. Through the double doors there is an exceptional sea view and the property offers direct access to the beach, making it easy to enjoy leisurely walks and sunny beach days. The house also has an inverter that ensures uninterrupted fun, even during load shedding.



A beach house on the West Coast is more than just a final destination – it's a recipe for unforgettable memories and a chance to rediscover the joy of simplicity. So ring your friends and family and plan your next well-deserved getaway on the coast as soon as possible!

AROMATIC CITRUS CHICKEN

A flavourful chicken dish, so easy to prepare, and this cooking method keeps the chicken juicy. The combination of tomato paste, citrus, spices and tangy apricots is so good.

Prep/Cook Time: 2 Hours | **Servings:** 6

Ingredients

- 8-10 dried apricots, quartered
- 1/2 cup (125 ml) strong warm Rooibos tea
- 1 x 50 g (50 ml) sachet tomato paste
- 2 tbsp (30 ml) olive oil
- finely grated rind and juice of 1 orange (see tip)
- 1 tbsp (15 ml) lemon juice
- 2 tsp (10 ml) finely grated lemon rind
- 2 cloves of garlic, crushed
- 1 tsp (5 ml) ground coriander
- 1 tsp (5 ml) ground cumin
- 4 tsp (20 ml) paprika
- 2 tbsp (30 ml) chopped fresh parsley
- 1,3 kg chicken breasts on the bone, excess fat removed (about 6-8 portions)
- 1 orange in the skin, cut into thin wedges
- black pepper to taste



Instructions

1. Soak apricots in Rooibos tea for 20 minutes or until plump.
2. Mix tomato paste, oil, both the citrus juices and rinds, garlic, spices and parsley together.
3. Place chicken with apricots and any leftover Rooibos tea in a large mixing bowl. Pour the marinade over and toss well. Cover and marinate in the fridge for 1 hour.
4. Preheat the oven to 180 °C.
5. Spoon chicken with all the marinade into an oven dish. Place orange wedges in between the chicken and season with pepper.
6. Cover with foil and roast for 30 minutes. Remove the foil and roast for another 15-20 minutes or until just cooked, but still juicy.
7. Serve chicken and orange wedges with some of the sauce on a small portion of the sweet potato and bean mash. Or enjoy with any healthy side of your choice.

Sweet potato & bean mash

This sweet potato and bean mash is a great source of potassium and magnesium. Serve it with a lean protein of your choice like chicken or fish.

1. Heat 2 tsp olive oil in a saucepan and fry 1 onion, chopped, until soft.
2. Add 1 large, sweet potato in the skin, diced, with 100 ml water. Bring to the boil.
3. Simmer with a lid for 20 minutes or until soft enough to mash.
4. Drain 1 x 410 g tin of butter beans but keep the liquid.
5. Add beans to the sweet potato mixture and cook together for 2-3 minutes.
6. Mash mixture with about 30 ml of the retained liquid.
7. Season with 1 tsp mustard and parsley, lemon juice and pepper to taste.
8. Serve a small portion of mash with a lean protein of your choice.

Tips

1. When oranges are not in season, replace the orange juice with more strong Rooibos tea and add another 15 ml lemon rind. Replace orange wedges with 1 onion, cut into wedges.
2. If the apricots are very dry, soak for 30 minutes.



Sources: Cooking from the Heart –
Dash Edition - www.mydynamics.co.za

HOUSECALL



MEET ONE OF OUR DEDICATED SPECIALISTS

DR MDUMO MOSHWANA

DR. MOSHWANA IS A(N) GENERAL SURGEON AND CURRENTLY PRACTICES AT MELOMED TOKAI.



WHERE IS YOUR FAVOURITE PLACE TO EAT, AND WHY?

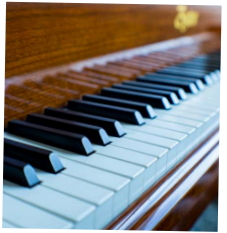
I am an open minded lover of food and people, if the service, mood is good the food will surely go down well.

WHAT'S YOUR WORST HABIT?

My wife states that I like being defensive before hearing the whole story, it seems I can't take criticism well.

WHAT TV SHOW CHARACTER FROM WHICH TV SHOW DO YOU LIKE THE MOST?

Anything by Denzel Washington. He just delivers each act.



CAN YOU PLAY ANY INSTRUMENTS, OR WHAT WOULD YOU PLAY IF YOU COULD?

I believe I can play the piano, and if I can't as per other people's standards, I would still play the piano.

WHICH THREE SONGS WOULD YOU LISTEN TO FOR THE REST OF YOUR LIFE, IF YOU HAD TO PICK?

Speechless by Michael Jackson, Diamond Life by Louie Vega, Love Yourz J Cole



WHAT'S YOUR SECRET PHOBIA?

I'm superhuman I have no phobia! Hehe he, I'm kidding I think possibly snakes.

WHAT CELEBRITY WOULD YOU LIKE TO BE FOR A DAY, AND WHY?

J Cole – I love artistic people, most genuine people I believe, I think if I were to be him for a day I would be able to have a different mindset to life, get a perspective of life from an artist.



IF YOU COULD WITNESS ANY EVENT OF THE PAST, PRESENT, OR FUTURE, WHAT WOULD IT BE?

Having my chats with my late grandmother, they were always refreshing and would always push me to be a better person.

WHERE DO YOU MOST WANT TO TRAVEL, BUT HAVE NEVER BEEN?

I think Egypt, to see the pyramids, have always been fascinated by them and the mummy process and the culture.

EMPATHY, EXPERTISE, AND EXCELLENCE: Unveiling the **Leading Obstetric and Gynaecological Team at Melomed Tokai!**



Dr. Aneeqah Hendricks
Bringing New Life into the World

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Meet Dr. Aneeqah Hendricks, a compassionate Gynaecologist and Obstetrician who finds immense joy in welcoming new life into the world. With a focus on achieving positive outcomes, Dr. Hendricks not only provides expert medical care but also connects on a personal level, drawing from her experience as a mother herself.

Dedicated to comprehensive patient care, Dr. Hendricks considers every aspect of her patients' well-being, including socioeconomic and cultural backgrounds. She takes the time to understand individual needs, offering clear explanations and support throughout the journey. Beyond the hospital walls, Dr. Hendricks enjoys exploring the world through travel, indulging in movies, and cherishing quality moments with her own family.

Specialising in vaginal surgery, adolescent gynaecology, hormonal disorders, and reproductive endocrinology, Dr. Hendricks is your partner in women's health at every stage. From family planning to menopause, she ensures her patients receive the best care, including surgeries, screenings, and personalized attention.



Dr. Matshidiso Agnes Tisane
Holistic Care for Women's Health

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Introducing Dr. Tisane, a dedicated Gynaecologist and Obstetrician committed to the holistic well-being of women. As an Obstetrician, she brings vast experience in maternal and fetal care, guiding expectant mothers through the beautiful journey of pregnancy. Dr. Tisane believes in building strong patient relationships, ensuring effective communication, and providing comprehensive care with a personal touch.

Beyond her medical expertise, Dr. finds joy in the outdoors and values quality time with her own family. With a passion for helping mothers navigate the challenges of newborn care, she strives to make each patient feel heard and supported.

In addition, to her passion and expertise in Obstetrics, she also specialises in addressing gynaecological issues such as abnormal bleeding, infertility, and recurrent miscarriages. Dr. also conducts crucial screenings for cervical and breast cancer.



Dr. Tladiso Motsema
Nurturing Life with Expertise & Passion

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Meet Dr. Tladiso Motsema, an experienced Obstetrician and Gynaecologist dedicated to nurturing life with a blend of medical and surgical expertise. Dr. Motsema's journey in Obstetrics and Gynaecology started in 2011, driven by a passion for integrated patient care.

With a wealth of experience gained through a Diploma in Obstetrics and a fellowship in 2016, Dr. Motsema's commitment extends beyond clinical practice. He takes pride in teaching and guiding future healthcare professionals, ensuring the legacy of compassionate and knowledgeable practitioners.

Patient care and wellness are at the forefront of Dr. Motsema's priorities. From general obstetrics and gynaecology to contraception and family planning, he contributes to the community's health, emphasizing the importance of a healthy mother for a healthy baby.

Join Dr. Motsema on the journey of well-rounded women's healthcare.

Contact our Obstetricians for the best quality & service and most affordable price. Our Drs accept most medical aids.

Male infertility can be caused by low sperm production, abnormal sperm function or blockages that prevent the delivery of sperm. Illnesses, injuries, chronic health problems, lifestyle choices and other factors may contribute to male infertility.

Symptoms

The main sign of male infertility is the inability to conceive a child. There may be no other obvious signs or symptoms.

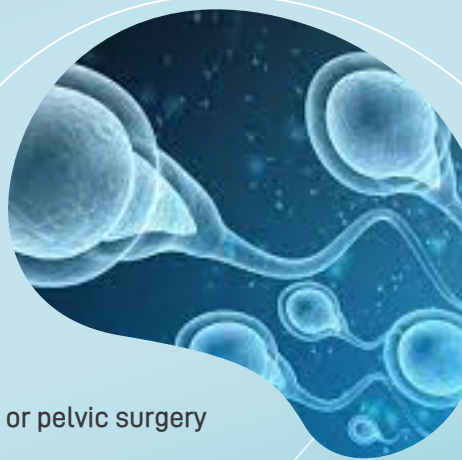
In some cases, however, an underlying problem such as an inherited disorder, hormonal imbalance, dilated veins around the testicle or a condition that blocks the passage of sperm causes signs and symptoms. Signs and symptoms you may notice include:

- A lower than normal sperm count
- Problems with sexual function
- Abnormal breast growth (gynecomastia)

Risk factors

Risk factors linked to male infertility include:

- Smoking tobacco
- Using alcohol
- Being exposed to toxins
- Having experienced trauma to the testicles
- Having a prior vasectomy or major abdominal or pelvic surgery
- Having a history of undescended testicles
- Having certain medical conditions, including tumours and chronic illnesses



• PathCare offers testing for male infertility. Please consult your doctor.